

Relieve those Inflamed Eyes!

## Pond's Extract

Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.

**CAUTION:** Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract which easily sour and generally contain "wood alcohol," a deadly poison.

## Burdock BLOOD BITTERS

### CURES

Dyspepsia, Boils, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

## Burdock BLOOD BITTERS

## Burdock BLOOD BITTERS

Mrs. A. Lehanque, of Ballyduff, Ont., writes: "I believe I would have been in my grave long ago had it not been for Burdock's Blood Bitters. I was run down by a cold, and extent that I could scarcely move about the house. I was subject to severe headache, backaches and dizziness; my appetite was gone and I was unable to do my housework. After using two bottles of B. B. B. I found my health fully restored. I earnestly recommend it to all third and worn-out women."

## I. T. KIERSTEAD

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City Market, St. John, N. B.

Returns Promptly Made.

fb18

## FITS

EPILEPSY, FITS, ST. VITUS' DANCE,

or have children or relatives that do so, or know a friend that is afflicted, then send for a free trial bottle and try it. It will be sent by mail prepaid. (The name and address of the person suffering should be given.)

When writing mention this paper, and give full address to THE LIEMIG CO., 179 King Street West, Toronto.

## CURED

## Joggins Coal

### This FIRST CLASS COAL

can be purchased by the Cargo in ROUND RUN OF MINE and SLACK sizes by communicating with P. W. McNAUGHTON, at 20 Orange St., St. John, or Joggins Mines, N. S. We guarantee the quality to be of the best for steam purposes.

CANADA COALS & Ry. Co., Ltd.  
Joggins, N. S.

### BEST WISHES

For a HAPPY CHRISTMAS to all who may or may not be users of one of the best BAKING POWDERS made during the past half a century—

WOODILL'S GERMAN

### THAT

The incoming year may be one of happiness and prosperity to all who do or do not use one of the best BAKING POWDERS of the past half a century is the wish of the manufacturers of

WOODILL'S GERMAN.

## COWAN'S PERFECTION

## Cocoa.

It makes children healthy and strong.

## The Home

### CRUMB MUFFINS.

Take one cupful of crumbs and soak them in a cupful of cold milk for an hour. When quite soft, add three well beaten eggs, half a teaspoonful of salt and a teaspoonful of melted butter and two teaspoonfuls of baking powder and sufficient flour to make into a thick batter. Bake in shallow tins in a hot oven. Chopped dates or raisins may be added to this recipe.

### SOUP FOR AN INVALID.

Have some mutton broth entirely free from fat and flavored lightly with salt and pepper. Beat up an egg until very light in the bowl in which the soup is to be served; pour the boiling broth on it, stirring while pouring. Serve at once with strips of tender crisp toast.—Ex.

### WHITE POTATO CUSTARD PIE.

To a half-pint of mashed potatoes add a little salt and a grating of nutmeg, the grated rind of a lemon and a pint of milk. Beat the yolks of three eggs with a cup of sugar and add the juice of a lemon; stir the two mixtures together. Line a deep pie dish with paste and turn the custard in. Bake in a moderate oven for half an hour. Make a meringue with the whites of eggs and powdered sugar, adding enough lemon juice to make it quite tart. Heap up on the pie when it is baked and serve hot or cold.

Brillat-Savarin's formula for chocolate was: "One ounce and one-half of chocolate for each cup, broken in pieces and dissolved in water, increasing in heat; stir it with a wooden spatula, and boil for fifteen minutes. Serve with whipped cream or with milk and sugar." If the chocolate can be made several hours before it is needed, standing afterward in an earthen-ware vessel, its flavor will be much improved. This suggestion should be taken advantage of for "at-home days." The chocolate may be made immediately after breakfast, and when ready to serve will be both softer and richer for the standing.

### PREVENTION AND CURE OF COLDS.

For ten of the twelve years of his life my son suffered from influenza, which no amount of precaution could ward off, and which, with or without a doctor, was often weeks in running its course, at the end of which time he was about ready for a fresh one. At last I became convinced that an over-indulgence in sweets was one fertile cause, and many a box of candy—the gift of unwise friends—was suppressed, and the colds became less frequent. On his tenth birthday he began, upon rising in the morning, a series of cold sponge-baths, followed by friction with a coarse towel. That year his colds were limited to two. When the second began to make its appearance, we determined to try heroic measures, and for thirty-six hours he went without food, with the exception of a cupful of hot water and the juice of an orange taken on the morning of the first day's fast. The second morning he awoke without a vestige of cold, and a happier and more triumphant boy it would have been hard to find. As many of my friends and family have tried this with equal success, I do not hesitate to recommend it.—December Woman's Home Companion.

### THE READING HABIT.

Whoever desires to retain through life the habit of reading books and of thinking about them will do well never to intermit that habit, not even for a few weeks or months. This is a remark abundantly obvious to those whose experience of life has taught them how soon and how completely habit gains command of us. Its force cannot be realized by those who are just beginning life, when an unbounded space of time seems to stretch before us and we feel a splendid confidence in the power of our will to accomplish all we desire. The critical moment is that at which one enters

on a business or a profession, or the time when one marries.

Those fortunate enough to keep up the practice of reading, outside the range of their occupation, for two or three years after that moment, may well hope to keep it up for the rest of their life, and thereby not only sustain their intellectual growth, but to find a resource against the worries and vexations and disappointments which few of us escape. To have some pursuit or taste by turning to which in hours of leisure one can forget the vexations, and give the mind a thorough rest from them, does a great deal to smooth the path of life.—James Bryce, in Youth's Companion.

### POINTS ON COFFEE-MAKING.

The grinding is an important factor in making coffee, especially in drip coffee. To get the full benefit of the material, it should be ground fine, but not pulverized; for if it is reduced to a powder there will be a great deal of mud in the bottom of the coffee-pot. Besides, the first application of water is apt to cake it in spots, so that a great deal of it does not come into the percolation and is lost.

Strange to say, drip coffee is more economical than boiled coffee, probably because the clearing matter which has to be used to make satisfactory boiled coffee partly neutralizes the solvent effect of the water. However, all boiled coffee is not cleared. The Turks serve theirs strong and thick, and this against the American prejudice. Using Java at forty-five cents per pound and making drip coffee in a porcelain pot, and having it stronger than it is served anywhere except in best restaurants, we find that the expense for the coffee itself is about one cent per cup, holding one-sixth of a quart, which would make it within two cents per cup for a large coffee cup full.

A great deal of coffee is wasted by having too large a pot. It is more economical to have a pot of just sufficient capacity for the ordinary needs of the family and a larger one for company. Ascertain just how much coffee is necessary to make the requisite amount of the desired strength, and measure it for every meal before grinding. Guessed at before grinding and measured after grinding, usually some will be left over in the drawer of the mill, and grinding very much accelerates the deterioration in the flavor of browned coffee.—Chicago Record-Herald.

### BAD BLOOD.

The Root of Most Troubles That Afflict Mankind.

Bad blood is the mother of fifty diseases. It causes disease wherever your body is weakest. Perhaps you suffer from pimples, pale cheeks, indigestion, neuralgia, rheumatism or general decline. In each case the cause is the same—bad blood. Strike at once at the root of the trouble by renewing and enriching your blood supply with Dr. Williams' Pink Pills. Every dose helps to give you new, rich, red blood, that will carry healing to every part of your body. Among the thousands who have proved the truth of these statements is Mr. Neil McDonald, Ratmere, N. B., who says:—"I have found Dr. Williams' Pink Pills all that is claimed for them. I was completely run down, my appetite was poor and I suffered much from severe headaches. Doctors' medicine gave me no relief so I decided to try Dr. Williams' Pink Pills. A few boxes have restored me to good health and made me feel like a new man." Give the pills a fair trial and you will find new health and strength. Don't take a substitute or anything else said to be "just as good." See that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around the box. Sold by all druggists or sent by mail, post paid, at 50c a box, or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

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